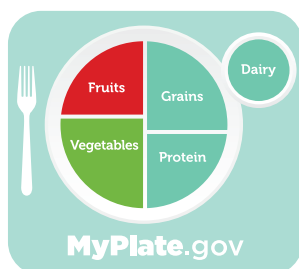


Week 3 MY PLATE AND PORTION CONTROL

> SKILL

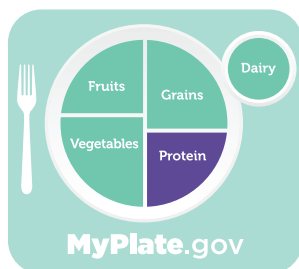
- Use portion control strategies to reduce calories at meals and snacks

Objective: Understand portion control using MyPlate.



VEGGIES & FRUIT | MINIMUM 5 SERVINGS PER DAY

**1 serving = 1 full cup raw or cooked
1 hand-sized piece
1 cup dried beans or peas
2 full cups salad greens**



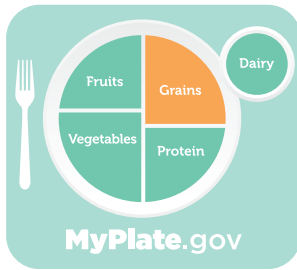
PROTEIN | 4-6 OUNCES PER DAY

**Chicken, turkey
Fresh pork, lean ham
Lean hamburger, round steak, roast and brisket
Fish
Shrimp, crab, oysters and crawfish
Dried peas and beans (1 cup)
Eggs
Cottage Cheese, low-fat or fat-free**

PROTEIN (1/4 plate)

Start lean. Remove poultry skin, choose red meat with little fat, and trim visible fat before cooking. Avoid sausage and bacon. Choose ground beef with at least 90% lean.

Keep it lean. Bake, broil, or grill. Avoid fried or breaded choices. Prepare beans and vegetables without added meat. Try to include at least 8 ounces of fish every week. Use beans as a protein source one time per week.



GRAINS | 4 - 5 SERVINGS PER DAY

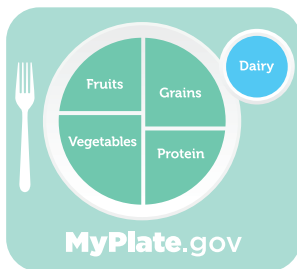
Pasta
Rice, white or brown
Bread
Oatmeal, grits
Dry cereal, ready to eat
Tortillas
Popcorn

GRAINS (1/4 of the plate)

What counts as a serving? 1 slice of bread, 1 cup of cereal, 1/2 cup pasta, rice, or cooked cereal, 3 cups popcorn

Choose whole grains such as whole-wheat bread and pasta, brown rice, oatmeal, whole-wheat flour as a baking ingredient, whole-grain ready-to-eat cereals and popcorn.

Keep it low fat. Reduce servings of cheese, cream sauce, butter, and gravy.



DAIRY* | 1-2 SERVINGS PER DAY

Fat-free or skim milk
Lactose-free skim milk
Soy milk, calcium fortified
Fat-free yogurt

1 serving = 1 cup

*If you do not use dairy, consider taking a calcium supplement.
Talk to your healthcare provider about what is best for you.

Week 3 ASSIGNMENT

- Use the [Guide to SMART Food Choices](#), to measure your daily consumption. How many “red”, “yellow,” and “green” foods are you consuming?
- Continue to track your food and drink intake in the [mobile app](#) and/or the [SMART Tracker](#).